



GOVERNMENT EXPERTS' ADVICE ON HOW TO CAN

BERRIES

For dewberries, blackberries, loganberries, huckleberries, raspberries and currants practically the same methods of canning may be used. The condition of the fruit will have much to do with the quality of the product. Berries should be gathered in shallow trays or baskets and not in deep vessels which allow them to be bruised and crushed. They should be uniformly ripe, sound, and as large as possible.

After the berries have been sorted carefully and washed lightly by placing in a colander and pouring water over them, instead of immersing them in water, pack as closely as possible without crushing. This can be done better by putting a few berries into the jar, pressing them gently into place, and proceeding layer by layer, than by nearly filling the jar loosely and then trying to press them down.

Fill jars full of fruit and cover with hot sirup. Boiling berry juice or other sirups can be used instead of sugar sirup. Partially seal jars. Boil (process) pints ten minutes and quarts twelve minutes. Seal. When cold test for leaks and store in cool, dark, dry place.

The use of a sugar sirup, made by boiling three pounds and nine ounces of sugar to one gallon of water and straining, adds to the flavor of the canned berries. The use of berry juice expressed from extra berries instead of water in making the sirup will give a richer color and flavor.—United States Department of Agriculture.

TOMATOES IN GLASS

Select firm, uniformly red, ripe tomatoes of medium size. Put into trays and lower into boiling water for one minute, then plunge into cold water for a few seconds until skins slip easily. Remove and cut out the core with a slender-pointed knife without cutting into the seed cells. Peel promptly and pack into previously boiled quart jars. Add one teaspoonful sugar and half a teaspoonful salt seasoning and fill the jars with a hot thick tomato sauce. (This procedure is economical, because each quart jar will give whole tomatoes for salads or baking and a tomato puree for soups or sauces.) This puree, or sauce, which is poured over the whole tomatoes, is made by cooking the small or broken tomatoes until tender. The seeds and skins are then removed and the pulp is concentrated by boiling it to about the consistency of ketchup. Place cleansed rubber rings and lids on the jars, but do not seal tightly. Put filled jars on a false bottom in a water bath and boil (process) for 30 minutes, counting from the time the hot-water bath begins to boil around the jars again. This one boiling is sufficient. As each jar is taken from the boiler, seal it tightly and when cold test for leaks. Store in cool, dark, dry place. Test again the next day for leaks and if any are found add cleansed new rubber ring or top if necessary and reboil. If a steam-pressure canner is used process quarts for ten minutes under eight pounds steam pressure.

RHUBARB

Because of its extreme acidity, rhubarb can be canned safely without boiling (processing). Rhubarb should not be canned in ordinary metal or in jars with ordinary metal tops. Only glass or cans specially enameled inside may be used.

Select young, tender rhubarb and cut either into two-inch pieces or into lengths to fit the jar when placed vertically. Pack in sterilized jars in vertical rows. Cover with fresh cold water and allow jars to stand ten minutes. Drain off the water and again fill to overflowing with fresh cold water. Use cleansed rubber, put on glass cap and clamp at once. In the far South rhubarb should be boiled (processed) in a hot-water bath (pints ten minutes, quarts 20 minutes) at boiling.

Since rhubarb contains much water, a better and more economical product could be secured by canning rhubarb sauce. Cut the rhubarb into one-inch lengths and steam until tender. For each quart of sauce add half a cupful of sugar. Pack hot in sterilized jars. Partially seal. Boil (process) quarts for ten minutes. When jars are cold, test for leaks. Store in a cool, dark, dry place.—United States Department of Agriculture.

CHERRIES

Cherries when canned whole should be blanched by dipping into boiling water for 15 seconds, which prevents splitting. For sour cherries, use a sirup made by boiling and straining five pounds and eight ounces of sugar to one gallon of water. For sweet cherries, use a sirup made of three

pounds and nine ounces of sugar to one gallon of water. Pack in previously boiled jars. Honey or other sirups can be used instead of sugar sirup. Partially seal jars. Boil (process) quart-size jars in water bath for 25 minutes. Seal airtight, and when cold test for leaks. Store in cool, dark, dry place.—United States Department of Agriculture.

SWEET CORN

Successful home canning of sweet corn depends upon careful selection of tender, juicy corn in the milk stage. Corn for canning should never stand longer than a few minutes after being taken from the stalk. Corn which is past the milky stage or is stale is very difficult to can.

Remove husk and silk. Blanch on the cob by dipping into boiling water from one to three minutes or until milk is set. Have clean hands, and all utensils scalded. Cut corn off the cobs. Pack immediately into previously boiled jars to within one inch of the top, but do not pack too tightly. Add seasoning (one-third level teaspoonful salt and two-thirds teaspoonful sugar) to each pint of corn, and fill jars with clear hot water. Paddle to allow liquor to penetrate to the bottom of the jar and to remove all air bubbles. Partially seal jars.

Processing with steam under pressure is recommended. Process pint jars 1½ hours at 15 pounds pressure. Seal immediately, cool as rapidly as possible, but do so in a place free from drafts. Do not put into cold water, as the jars will crack. When cold test for leaks and store in a cool, dark, dry place.

If the intermittent process is used, boil pint jars 1½ hours the first day and one hour on the second and third days. Loosen covers before each subsequent boiling, and seal completely after boiling. Cool, test for leaks, and store.

If the single-period continuous boiling process is employed, boil for at least three hours. Seal, cool, test for leaks, and store.

Take every precaution to have good rubber and absolutely tight jars. Test for leaks each time jars become cold and again 24 hours after processing. All jars showing slightest sign of leaks must be retight with rubber and reprocessed.

Usually a better-flavored finished corn product can be obtained by drying the corn instead of canning it.—United States Department of Agriculture.

ASPARAGUS

Asparagus for canning must be fresh and tender. This is of the greatest importance. Select tips of uniform size and maturity and wash them. Cut in right length for cans, scrape off tough outer skin, and tie in bundles. Blanch by immersing the lower ends part way in boiling water for two minutes. Then immerse the entire tips for one to two minutes longer. Plunge into a cold salt-water bath (one tablespoonful salt to one quart water). Drain and pack neatly, tips up. Fill jars with hot brine (four ounces of salt to one gallon of water) and partially seal jars.

Processing with steam under pressure is recommended. Process pint jars 30 minutes at 15 pounds pressure. Seal immediately, cool, and test for leaks, and store in a cool, dark, dry place.

If the intermittent boiling process is used, process in the hot-water bath for one hour on each of three successive days. Loosen the covers before each subsequent boiling, and seal tightly after each boiling. Cool, test for leaks, and store.

If the one-period, continuous boiling process is employed, boil for at least three hours. Seal, cool, test and store.—United States Department of Agriculture.

MAKE GARDEN LAST ALL WINTER.

Glass jars, rubber rings, and hot water, and those berries, fruits, and juicy vegetables will furnish dishes and desserts all winter.

Moist heat, absolute cleanliness in handling the product to be canned, willingness to work for yourself and your country are some of the necessary requirements if you wish to keep fruits and vegetables in good condition for winter use.

THE CANNER'S MOTHER GOOSE

Sing a song of canning—
Wash boilers saving food,
Every loyal household
Doing all it could.

When the jars are processed,
The food they will keep
Will help to feed the nation
When the snow is deep.

PLEASANT WAY ALWAYS BEST

Nothing Ever Lost by Effort to Take
Sting Out of Request That Must
Be Refused.

Do you know how to take the sting out of anything unpleasant you have to do? It is a good plan to learn how to do this.

"She said she couldn't do it, but you know how Effie would say such a thing. She tries so hard to make everybody feel pleasant. Now, when I say no, people understand that I mean no."

Marcia looked as well pleased with herself as if she had announced a more amiable characteristic. She was a girl with a peculiarly blunt and uncompromising manner. If she refused a request, her refusal was as downright as a blow. It was never softened by any little phrase suggesting regret. And Marcia was so well satisfied with herself that she felt something like contempt for the way Effie took the sting out of saying no, and made the people to whom she refused a favor as grateful as if she had granted it.

The girl who starts to go through life with her elbows out is going to find the road hard to travel. If she prides herself on being blunt and outspoken, she may need to use that as consolation for her sore heart many a time. It pays to make even a refusal pleasant. It pays to take out the sting whenever possible, and drop in the honey. One who starts out as Marcia did, priding herself on being blunt, and contemptuous of the little courtesies, is likely to come to old age friendless and embittered. Learn to be pleasant and take out the sting.—Exchange.

ADD COLOR TO THE GARDEN

Goldfinches, Always Attracted by Sunflowers, Make Beauty Spot Especially Attractive.

A very familiar bird in our gardens, especially when there are sunflowers growing there, is the beautiful little American goldfinch.

Their deep black wings and tall and little cap form a striking, though pleasing, contrast to their bright yellow bodies.

Because of their sweet, canary-like notes they are often called wild canaries.

They are very sociable little birds, being found usually in small flocks; they even build their nests in small communities.

When winter approaches the male changes his bright yellow coat for one of a soberer color closely resembling that of the female.

Numbers of them feed upon the sunflowers in my garden every year, and it is a pleasing sight to go in there and see their bright yellow bodies flashing in the sun.

They are hardy little fellows, spending the entire winter with us.—New York Sun.

Moving Pictures for the Home.

A comparatively inexpensive combination moving-picture camera and projector for amateur use is illustrated in Popular Mechanics Magazine. It bears about the same relation to the costly and heavy professional machines as a compact, light camera does to a cumbersome apparatus employed by portrait photographers. Exclusive of its tripod, the new movie camera weighs less than three and a half pounds. It uses standard film and is operated as easily as any simple "still" instrument. The capacity of its magazines, designed for daylight loading, is twenty feet, which, because eight instead of sixteen pictures are taken per second, records as much action as forty feet of film in a professional machine. Sharp, clear pictures capable of reasonable enlargement for "stills" are obtained. By changing the lens attaching a light frame with reels of 200-foot capacity, and mounting a small, cylindrical lamp-house, the camera is converted into a projector.

Serbian Great Walkers.

All Serbian peasants are great walkers. A servant, given a short leave, will think nothing of footing it to his home, five and twenty miles off, and walking back after a short day spent with his family.

It is quite in the ordinary way of their business for both men and women to be two days on the road to market. Owing to their remarkable marching powers Serbian troops are mobilized and moved with surprising rapidity, in spite of the great lack of railway communication. And then they march light.

With little in the bread-bag that hangs at his belt the Serbian soldier is quite content if only he can roll himself a cigarette now and then and look forward perhaps to a tot of plum-cognac.

He Knew.

The Fat Customer—I want half a dozen collars, please.

The Clerk—What size?

The F. C.—Thirteen and a half.

The Clerk—Surely you must take a larger collar than that. What size shirt do you wear?

The F. C.—Sixteen.

The Clerk—Then why do you wish such a small collar?

The F. C.—Why, confound ye, I'm buying them for my boy!

Uplift of Coyote.

The despised coyote has lived to see the day when his pelt is sought in the fur markets of the world as one of the prizes of the trapper's pack. The skin of the prairie wolf today brings a price up to \$15, according to the quotations in the fur buyer's list. Up till last year this fur was a drug on the market.—Dawson News.

Growing Old

By REV. L. W. GOSNELL
Assistant Dean, Moody Bible
Institute, Chicago

TEXT—Paul the aged.—Philemon 9.

Old age is dreaded by some. True, the physical man may decay; the keepers of the house may tremble, the strong men bow themselves, the grinders cease because they are few, and those that look out of the windows be darkened. But in spite of all this, "Paul the Aged" illustrates the blessedness which may accompany a Christian old age. Doctor Cuyler at Fourscore.

Notice how cheerful he was. The Epistle to the Philippians was written in his latter years and from prison, yet its watchword is, Rejoice. Dr. Theodore Cuyler in his autobiography, "Memories of Eighty Years," says: "There are some people who have a pitiful dread of old age. For myself, instead of it being a matter of sorrow or pain, it is rather an occasion of profound joy that God has enabled me to write in my family record, 'Four Score Years.' The October of life may be one of the most fruitful months in all its calendar; and the 'Indian summer' its brightest period when God's sunshine kindles every leaf on the tree with crimson and golden glories."

Notice how sympathetic Paul was when old. Shakespeare declares, "Crabb'd age and youth can live together," but Paul managed it. He delighted in young life and had Mark and Titus and Timothy about him. What a secret of perpetual youth!

Some Accomplishments of the Aged.

Then, too, this aged man was busy. We understand the feeling of John Wesley which led him to pray, "Lord let me not live to be useless." We recall that Michael Angelo did his greatest work at sixty-seven and at ninety was an eager student and cried, "O for another hundred years!" "Paradise Lost" was written by Milton a few years before his death in old age.

Paul was busy with his writing. It was just at this time he wrote to Philemon, calling himself "Paul the Aged," and he sent forth his most glorious letters—Ephesians, Philippians, Colossians. Many aged people by writing letters of Christian counsel or cheer might make their last days wondrously fruitful. If they can no longer write with comfort, they may send forth printed pages like leaves of healing.

Paul was busy with his reading. He bids Timothy bring to him, while imprisoned shortly before his death, his books and parchments (2 Tim. 4:13). What an opportunity age affords to browse at will in our libraries. The books we have longed to read for years may then be enjoyed. And how rich they become in the light of the experience of life! Especially, "What glory glides the sacred page."

Paul was busy praying. Truly, he prayed without ceasing and especially in old age, spent so largely in prison. So long as this ministry is open, no one need feel he has outlived his usefulness. Indeed, it is the very ministry neglected by those bearing the burden and heat of the day. How the Lord seeks for intercessors!

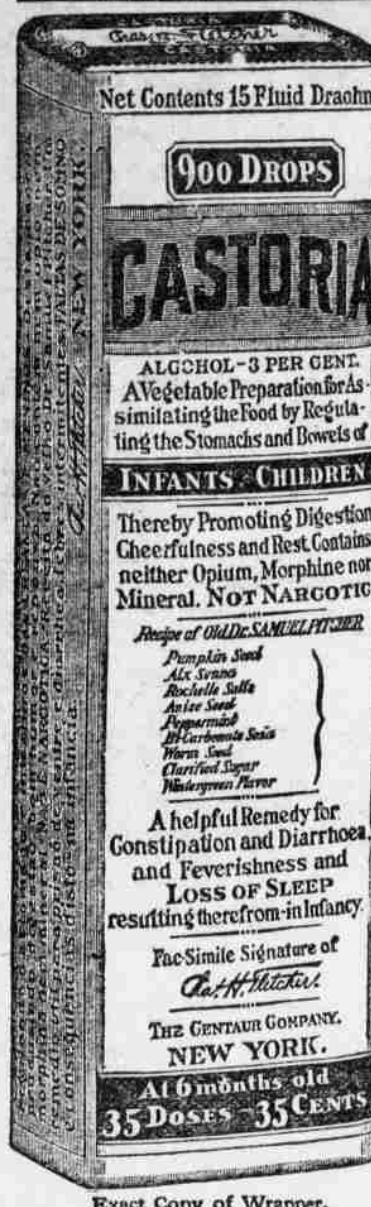
Paul was busy with his preaching. True he was in prison, but he preached to his guards. So that throughout the Praetorian Guard Christ became known (Phil. 1:13 R. V.). We are reminded of such an invalid as Bella Cooke, confined to her room for years; but her bedside became a Bethel to thousands. The aged may be "Christian conversationalists" and may rival clergymen in their usefulness.

Finally, Paul was hopeful. "The time of my departure is at hand," he says, and he knows that "to depart is to be with Christ." As one has put it, not a space, but only a line, separates between the believer and his Lord. "A Christian old age may be like the polar midsummer days, when the sun shines till midnight, and dips but for an imperceptible interval ere it rises for the unending day of heaven."

May an Old Man Be Saved?
Nothing is more pitiable than the case of an old person who is without hope. But such a person need not so continue. Gypsy Smith loves to tell how his gypsy uncle was converted at the age of ninety-nine. "As many as received him, to them gave he power to become the sons of God, even to them that believe on his name." (John 1:12.) You need not wait for some strange feeling or wonderful experience. If you will humbly receive Jesus Christ as your Saviour, you shall be saved! You may come late into the vineyard and expect but little, but who knows what the Lord of the vineyard may do (cf. Matt. 20:1-16)? We heard of one converted late in life who departed full of joy, exclaiming, "I shall have my penny!"

Giving Wholly to Christ.

As I give myself wholly to Christ, I find the power to take him wholly for myself; and as I lose myself and all I have for him, he takes me wholly for himself and gives himself wholly to me.—The Gleaner.



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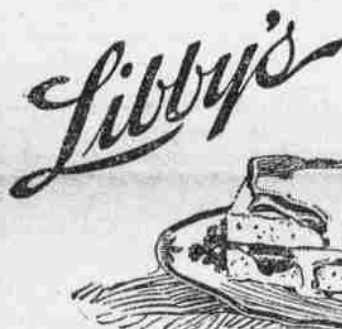
One for Each.
Mrs. Houlihan—Wan divorcee would be no good; O! want two av them.
Lawyer—What do you mean?
Mrs. Houlihan—Molke do be livin' a doobie loffe.—Boston Evening Transcript.

Gold brick purchasers are born often enough to keep the manufacturers from going out of business.

New York is peeved over the use of Grant's tomb as a billboard.

The Appropriate One.
"Tramps lend a sort of vegetable life, don't they?"
"Well, naturally; aren't they all beats?"

ASTHMADOR
AVERTS-RELIEVES
HAY FEVER
ASTHMA
Begin Treatment NOW
All Druggists Guarantee



Savory hot sandwiches—
Libby's Dried Beef, toast
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Tender—Delicate Sliced Beef

THE tender delicacy of Libby's Sliced Dried Beef will surprise you. The care with which choice meat is selected, the skill with which it is prepared, give it the exceptionally fine flavor. Its uniform slices will please you, too. Order Libby's Sliced Dried Beef today.

Libby, McNeill & Libby, Chicago

Help Save the Harvest

When Our Own Harvest Requirements Are Completed
United States Help Badly Needed
Harvest Hands Wanted

Military demands from a limited population have made such a scarcity of farm help in Canada that the appeal of the Canadian Government to the United States Government for

Help to Harvest the Canadian Grain Crop of 1918

Meets with a request for all available assistance to

GO FORWARD AS SOON AS OUR OWN CROP IS SECURED

The Allied Armies must be fed and therefore it is necessary to save every bit of the crop of the Continent—American and Canadian.

Those who respond to this appeal will get a

Warm Welcome, Good Wages, Good Board and Find Comfortable Homes

A card entitling the holder to a rate of one cent per mile from Canadian boundary points to destination and return will be given to all harvest applicants.

Every facility will be afforded for admission into Canada and return to the United States.

Information as to wages, railway rates and routes may be had from the

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YOUNGSTOWN

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"No; we have a homeopathic doctor."

Most people are two-faced, and a few are three-faced.

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A Wholesome, Cleansing, Refreshing and Healing Lotion—Muriene for Redness, Soreness, Granulation, Itching and Burning of the Eyes or Eyelids.
"2 Drops" After the Movie, Motor or Golf will win your confidence. Ask Your Druggist for Muriene when your Eyes Need Care.
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